

Cargest report

N e w s L e t t e r

With a tactical game hard to please everyone, the Spanish team has become again the European football champion.

According to football expert's commentators, the tiki-taka Spanish game is boring for some and for others is unique, It come to convince the Germans, recognizing that where at the beginning Spanish the team games, had no attacking depth, as Spain progressed in to other phase, become more sporting aggressive breaking the opponent defensive lines. Admitting recognition for the incredible tactics and skill of all Spanish players, also the German press commented of the possible ridiculous if meeting Spain instead of the 2-1 against Italy. All European sports press praise and acknowledge the brilliant preform from our football selection team, highlighting the sporting and fair play behavior of players, with special mention to **Xavi Hernandez, Casillas,** and the great performance in his first important debut by **Jordi Alba** ex Valencia sign just with Barcelona for the coming 2012/2013 season.



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We're very happy to help any how.....

Dear followers, we are delighted to be helpful with some necessary information for your summer trips, on this News Letter edition, we offer mobile phone information for an expected contingencies:

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" "	915 192 100 - " "	900 974 445
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(All phones numbers shown are to call from Spain)

Please if you have a information request of this type, please contact via email: comercial@cargest.com for your requests, we promise to try to get the information suggested.

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Carrillada

Since I participate on the program

"Learning to cook and eat well" the aroma that stayed in my subconscious, the steam flying off from the baking pan left in the air the vegetable sauce and meat cooking smell almost perfect.



Beef for Carrillada dish

- ✓ Onion
- ✓ Garlic clove
- ✓ Carrot
- ✓ Green pepper
- ✓ Celery
- ✓ Tomato
- ✓ Bay leaf

Preparation: In a pan put half a cup of olive oil and when hot add the beef (carrilladas) until browned, seasoned and a little pepper. Aside when ready golden. In the same pan lightly fry the onion, garlic, boiled the carrot in a separated pan, pepper, celery and bay leaves. When everything is sautéed cooked chopped tomatoes and sauté a bit. Add water and half a liter of wine put carrilladas to cook over high heat until it begins to boil. The water should cover one inch above. Then put to boil on low heat and cover. Cook over very low heat for 2 hours, or when the carrilladas feels tender. Once is cooked. Remove Carrilladas and the remaining broth and the vegetables in the same pan in a blender to make the final sauce. With the cooked stock having the potatoes round and thin cut style cooked on the sauce, will give more consistency to stock and enrich the flavor of the same. Add to sauce strips of red peppers and the carrots, decorated with a little greenery.